

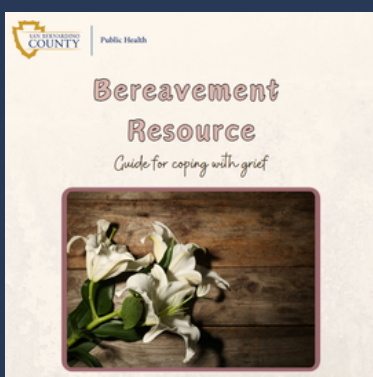
Pregnancy and Infant Loss Awareness Month

Pregnancy and Infant Loss Awareness Month serves to promote awareness for those who have experienced a pregnancy or infant loss.

Miscarriage and stillbirths are conditions that can cause a pregnancy to end. Infant death can be caused by preterm birth, sudden infant death syndrome (SIDS), or other sleep-related deaths such as suffocation or entrapment.

During this difficult time, some things you can do to help cope with grief are:

- Surround yourself with your friends, family, and people you trust.
- Do not be afraid to seek support from loved ones or local support groups.
- Try to create a routine, such as eating healthy and having a regular sleep schedule.
- Seek help from a professional such as your primary care physician or therapist, if you need help navigating your feelings. Some of the feelings that you are experiencing may be emotions you have never felt before.



bit.ly/SBCGrief

**Learn more about Pregnancy and Infant Loss
Awareness Month**



Preeclampsia

A major complication that can lead to pregnancy loss is preeclampsia, a serious blood pressure condition that may occur after 20 weeks of pregnancy or after giving birth.

Preeclampsia is a health problem that affects about 1 in every 25 pregnancies. If not treated properly, it could lead to seizures, organ damage, stroke, and other serious issues. It is important to be aware of the warning signs and to notify your doctor as soon as you notice them.

Signs and symptoms to look out for include:

- Lingering headaches
- Pain in your belly
- Changes in vision, such as blurriness
- Trouble breathing
- High blood pressure
- Rapidly gaining weight
- Severe nausea or vomiting
- Swollen legs, hands, or face

If you are experiencing any of these symptoms, please get in touch with your healthcare provider.

Click here to learn more about preeclampsia

Sudden Infant Death Syndrome (SIDS)

October is SIDS Awareness Month! SIDS is one of the leading causes of death among infants aged one month to one year in San Bernardino County. When an infant under one year old dies suddenly and unexpectedly, a full investigation is performed to look for suffocation, entrapment, infection, SIDS, or other causes that may be responsible.

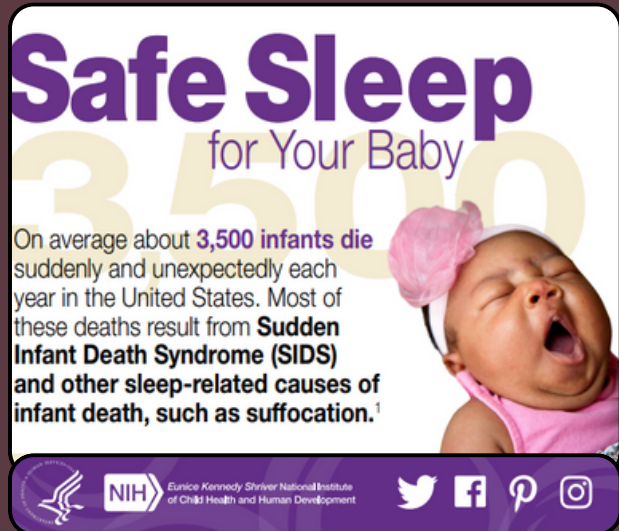
Currently, there are no known symptoms or warning signs for SIDS that can be used to prevent it. Although SIDS can occur at any time during the first year, most SIDS deaths occur in babies between 1 and 4 months of age.

It is critical to recognize the importance of a safe sleep environment for your baby to help reduce the risk of SIDS. Here is how you can model safe sleep for your baby.

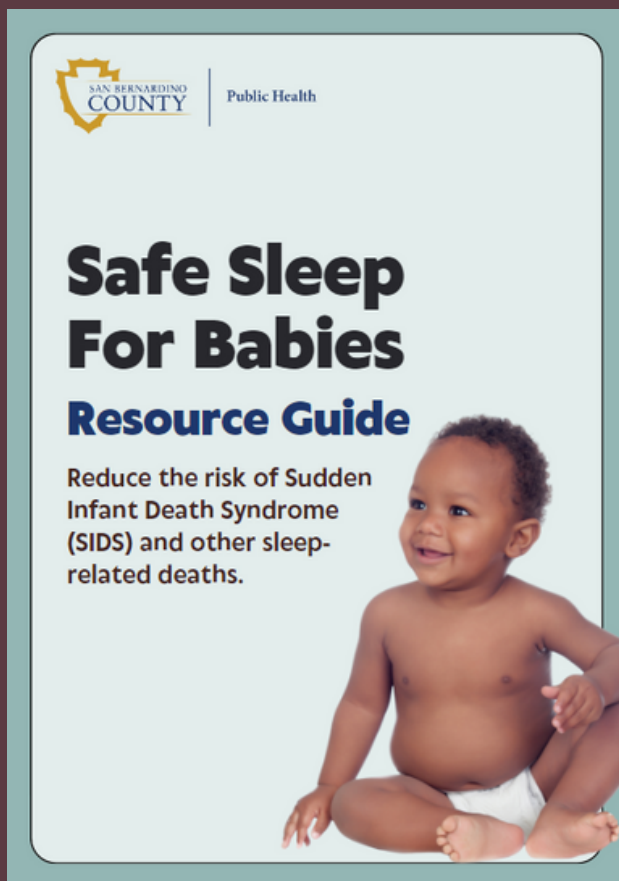
- Use a firm, flat, and level sleep surface.
- Give your baby their own sleep space.
- Remove everything from the baby's sleep area.
- Baby should be sleeping on their back.
- Use a wearable blanket to keep your baby warm.
- Keep sleeping area smoke and vape-free.

Please visit our [Safe Sleep for Babies Resource Guide](#) to learn more about how to reduce the risk of SIDS and other sleep-related deaths.

For more information on SIDS, please visit dph.sbcounty.gov/sudden-infant-death-syndrome-sids.



[Click here to read more about SIDS](#)



Please join us for the Sudden Infant Death Syndrome (SIDS) presentation “The Power of Storytelling: The Impact of Loss,” and gain insight to help reduce the risks of SIDS and other sleep-related deaths and to help babies sleep safely.



Public Health


The Power of Storytelling: The Impact of Loss

The Department of Public Health Maternal, Child, and Adolescent Health (MCAH) program is hosting a presentation to the community about Sudden Infant Death Syndrome (SIDS) and safe sleep.

Did you know? SIDS is the leading cause of death among infants aged one month to one year in San Bernardino County.

Please join us as we share the experience of one family's loss and its impact on each family member. Healthcare professionals, parents, and caregivers will gain insight to help reduce the risk of SIDS and other sleep-related deaths, and to ensure babies sleep safely.

IN-PERSON MEETING INFO

 **OCT. 16, 2024**
2 – 4 p.m.

 **First 5 San Bernardino**
735 E. Carnegie Dr., Ste 150
San Bernardino

REGISTER HERE



bit.ly/3AS6Na7

For more information about MCAH, please
email us at askMCAH@SBCounty.gov
or call 1 (800) 227-3034

Diabetes During Pregnancy

November is National Diabetes Awareness Month. High blood sugar during pregnancy can increase the risk of preeclampsia, delivery by C-section, miscarriage, or stillbirths. Women who have diabetes before becoming pregnant should consult with their doctor to create a health care plan.

Gestational diabetes occurs during pregnancy in women who do not already have diabetes. Women with this type of diabetes may face similar risks if it is not well-managed. You can prevent or lower your risk of gestational diabetes by maintaining a healthy weight, eating a nutritious diet, and engaging in regular physical activity. It is critical to note that a diagnosis of gestational diabetes carries a lifetime risk of progression to type 2 diabetes of up to 60%.

[Learn more about diabetes during pregnancy.](#)



Hear Her Campaign

The Hear Her Campaign raises awareness of urgent maternal health warning signs during and after pregnancy. Each year, many people die during pregnancy or in the year after, with Black women three times more likely to die from a pregnancy-related cause than White women. Many factors contribute to these disparities, such as quality of healthcare, racism, implicit bias, or underlying chronic conditions.

Watch for warning signs such as persistent headaches, dizziness or fainting, vision changes, fever, difficulty breathing, chest or abdominal pain, severe nausea, or a decrease or stop in the baby's movements during pregnancy.



[Learn more about the Hear Her campaign](#)



Obesity and Pregnancy

Obesity is having a body mass index (BMI) of 30 or greater. Obesity during pregnancy can put you at risk for several health problems, such as gestational hypertension (high blood pressure), preeclampsia, gestational diabetes, and sleep apnea.

Obesity during pregnancy can also increase your risk of preterm birth, stillbirth, problems with diagnostic testing due to too much body fat, and giving birth to a baby larger than normal.

Among all racial and ethnic groups, Black women have the highest rates of obesity and have the greatest risk for preterm birth. Despite the risks, you can still have a healthy pregnancy. Some things that you can do to maintain a healthy weight during pregnancy include:

- Knowing your caloric needs.
- Working with your doctor on your weight goals.
- Eating a nutritious and balanced diet.
- Maintaining moderate physical activity by being active for 30 minutes a day.
- Getting regular prenatal care to monitor any complications.



[Read more about obesity and pregnancy.](#)

Flu Season

Flu season is here! It is important to be up to date on all your vaccines. The best time to get the flu vaccine is in September and October since the flu circulates from late fall through early spring.

Who should get vaccinated for the flu?

Everyone 6 months and older should get the flu vaccine. Getting vaccinated helps prevent the flu and any serious complications that come with it, especially for people who are at higher risk for developing severe flu symptoms.

Does the flu vaccine work right away?

It takes about two weeks after the vaccination for antibodies to develop in your body and provide you protection against the flu virus.



Healthy Habits to Help Protect Against the Flu

- Keep your distance from people who are sick. This could help with lowering the spread of the flu.
- Stay at home when you are sick.
- Cover your mouth and nose when you are coughing or sneezing.
- Wash your hands with soap and water to help you protect yourself from germs.
- Avoid touching your eyes, nose, and mouth.
- Disinfect surfaces and objects that may be contaminated.

[Learn more about preventing the flu](#)



Vaccines and Pregnancy

Pregnant women and their babies are at an increased risk for COVID-19, the flu and other flu-related problems. Getting vaccinated while pregnant is completely safe and helps your body create protective antibodies that will be passed to your baby. The flu and COVID vaccine acts as a “double duty” and will protect your baby for the first few months until it is time for infant vaccinations.

When is it the right time to get vaccinated?

It is recommended that pregnant women get vaccinated during any trimester of their pregnancy.

Is the vaccine safe for me and my baby?

Vaccines are safe and have been used for many years in pregnant women. There is no evidence that it causes pregnancy problems or birth defects.

Do the vaccines have any side effects?

Symptoms of the vaccine in pregnant people are generally mild. This includes soreness and redness from the shot, headache, muscle aches, fatigue, and fever. Symptoms usually last a few days.

If I am breastfeeding, can I still get the flu vaccine?

It is still completely safe to get the flu vaccine while you are breastfeeding. Breast milk provides the best nutrition and contains antibodies that will help boost your baby's immunity.



[Click here to learn more about flu and pregnancy.](#)

Black Infant Health (BIH) Breastfeeding Week Celebration

A community event in San Bernardino celebrating Black Breastfeeding Week draws in over 60 families.

The Department of Public Health hosted a Black Breastfeeding Week Celebration at San Bernardino Valley College on Thursday, August 29. The event showered breastfeeding and expecting parents with education, resources, and gifts.

The Black Infant Health (BIH) Program, in partnership with California Health Collaborative, Global Communities, and the Inland Empire Breastfeeding Coalition, provided attendees with information and resources to help them on their breastfeeding and parenting journey.

The Black Infant Health Program uses a group-based approach with complementary client-centered case management to help women develop life skills, learn strategies for reducing stress, and build social support in a culturally affirming environment that helps Black moms access their strengths through empowerment.

This year's Black Breastfeeding Week theme is *Listen Up: Reclaiming our Narrative and Centering our Stories for Breastfeeding Justice*. In addition to raising awareness about the benefits of breastfeeding, the goal of the BIH Black Breastfeeding Week Celebration was to share stories of breastfeeding challenges and successes to reclaim the narrative about breastfeeding amongst Black women. According to data from the California Department of Public Health, Black women do not experience the same success as their white counterparts with in-hospital breastfeeding initiation. The BIH Black Breastfeeding Week Celebration curated an additional space to empower and support Black moms to share their breastfeeding journeys and reclaim the narrative that Black women DO breastfeed their babies!

To provide an in-depth conversation about the long-term health benefits of breastfeeding for both mom and baby, the event included a discussion about latching and breastfeeding positions followed by a presentation on lactation accommodation by the Regional Perinatal Programs of California Program Manager, Pat Spier. The flagship activity of the celebration included a panel discussion with an International Board-Certified Lactation Consultant, a Regional Breastfeeding Liaison, and community agencies providing support to birthing moms. The panelists shared their breastfeeding experiences and answered audience questions. Attendees had the following to say, "The panel was beneficial. The first-hand experience from experienced moms is very insightful and thoughtful." "I liked the information and resources that were given. Also, all of the support and love that was transferred."

After a physical activity break, lunch was provided to all 150 attendees, and many received raffled gift baskets. Health education and promotion resources were provided by community partners including the Maternal Health Network of San Bernardino, SmileSBC, San Bernardino Fatherhood, Inland Empire Health Plan, and Molina Healthcare participated by tabling at the event.

To learn more about the Black Infant Health and Perinatal Equity Initiative programs and the other programs and services available through the Department of Public Health, visit dph.sbcounty.gov. We encourage all parents and community members to take advantage of these valuable resources and join us in future events.



Important News



Healthy Families America
Maternal Health

This program is funded by California Department of Public Health through the San Bernardino County Department of Public Health.

Healthy Relationships begin with the Parents.

The Home Visitation program is available for expectant mothers, and mothers with children 0-3 months old in San Bernardino County.

Do you want...

- To cope better with the stress of having a new baby?
- Strategies to help your children behave better?
- Help finding a doctor or health care?

We offer visits!
IN-HOME OR VIRTUAL


- Empower mothers by connecting them to programs for prenatal care programs, birth spacing, infant development, doula services, and father participation.
- Lessons in parenting strategies.

There is no income requirement, THIS PROGRAM IS

Free
















homevisitation@elsolnec.org
1535 S D San Bernardino, CA 92408
Visit us at elsolnec.org
Call us for more information
909.552.8373 or 909.884.3735 ext. 3938








Know the **URGENT MATERNAL WARNING SIGNS.** [Learn More](#)

Pregnant now or within the last year?
Get medical care right away if you experience any of the following symptoms:

 Headache that won't go away or gets worse over time	 Dizziness or fainting	 Changes in your vision	 Fever of 100.4°F or higher
 Extreme swelling of your hands or face	 Thoughts of harming yourself or your baby	 Trouble breathing	 Chest pain or fast beating heart
 Severe nausea and throwing up	 Severe belly pain that doesn't go away	 Baby's movement stopping or slowing during pregnancy	 Severe swelling, redness or pain of your leg or arm
 Vaginal bleeding or fluid leaking during pregnancy	 Heavy vaginal bleeding or discharge after pregnancy	 Overwhelming tiredness	

These could be signs of very serious complications. If you can't reach a healthcare provider, go to the emergency room. Be sure to tell them you are pregnant or were pregnant within the last year.

 Learn more at cdc.gov/HearHer

This list of urgent maternal warning signs was developed by the Council on Patient Safety in Women's Health Care.

FREE RESOURCES

3RD ANNUAL CHILD SUPPORT SERVICES

Trunk or Treat

Saturday, Oct. 26

10 A.M. - 1 P.M.

Special Treats

Kids Activities

LOCATION
10417 Mountain View Ave.
Loma Linda, CA 92354

Join us for a family fun event!

Child Support Services and other community agencies will be onsite providing treats to children of all ages! Parent must be present with child. There will be the opportunity to discuss opening a Child Support case or the needs of your current case with a Child Support representative and to learn about the other services and programs from several community agencies.

Don't forget to dress up in your favorite costume!

 Child Support Services

National Lead Poisoning Prevention Week

Bright futures begin lead-free



October 20-26, 2024

-  Get the facts
-  Get your child tested
-  Get your home tested